All portion sizes are 1 each unless stated otherwise.

## MMER ME

Monday

Tuesday

16

Wednesday

Thursday

JUNE 15

22

Tortilla Chips, Cheese & Salsa Mixed Fruit Cup (1/2 c) Variety Milk (8 oz)

Chicken Sandwich Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Catsup

Boneless Chicken Wings (5 ea) # w/String Cheese Calif. Mixed Vegetables (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup

Peanut Butter & Jelly Sandwich # w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz)

Personal Pan Pepperoni Pizza 🕯 Apple Slices (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz)

25

Personal Pan Cheese Pizza #

Carrots (1/2 c) \* w/Ranch Drsg. Very Berry Juice (4 oz) Variety Milk (8 oz)

23 Corn Dog Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

24 Boneless Chicken Wings (5 ea) w/String Cheese Whole Kernel Corn (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup

Egg & Cheese Sandwich w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz)

26 Hamburger 🏉 Fresh Orange \* (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

Personal Pan Pepperoni Pizza 🎉

Carrots (1/2 c) \*w/Ranch Drsg. Very Berry Juice (4 oz) Variety Milk (8 oz)

30 Chicken Sandwich Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz)

Catsup

**OFFERED DAILY** 

low fat milk, 8 oz. non fat chocolate milk, 8 oz.

KΕΥ 🎎 locally grown/ contains pork sourced meatless whole grain-rich (all sides are meatless

long beach unified school district

OFFERED DAILY low fat milk, 8 oz.

non fat chocolate milk. 8 oz.

Œ iocally grown/ sourced Kwhole grain-rich (all sides are meatles

Corn Dog #

Boneless Chicken JULY I Wings (5 ea) w/String Cheese Calif. Mixed Vegetables (1/2 c)

Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup

Tortilla Chips, Cheese & Salsa Peach Cup (1/2 c) Variety Milk (8 oz)

Personal Pan Cheese Pizza 💋 Carrots (1/2 c) \*\* w/Ranch Drsg

Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

Boneless Chicker Wings (5 ea) w/String Cheese Whole Kernel Com (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsun

Egg & Cheese Sandwich # # w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz)

Hamburger # Fresh Orange \* (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

Personal Pan Pepperoni Pizza #

Carrots (1/2 c) \*w/Ranch Drsn Very Berry Juice (4 oz) Variety Milk (8 oz)

Boneless Chicker Chicken Sandwich Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Catsup

21

28

Wings (5 ea) # w/String Cheese Calif. Mixed Vegetables (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup

Peanut Butter & Jelly Sandwich w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz)

Tortilla Chips, Cheese & Salsa Apple Slices (1/2 c) Variety Milk (8 oz)

16

30

13

20

20 Personal Pan Cheese Pizza # Carrots (1/2 c) \* w/Ranch Drsg. Very Berry Juice (4 oz)

Corn Dog 🏽 Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

Boneless Chicken Wings (5 ea) 🦸 w/String Cheese Whole Kernel Corn (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup

Egg & Cheese Sandwich w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz)

Hamburger # Fresh Orange \* (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

Personal Pan Pepperoni 27 Pizza # Carrots (1/2 c) \*\*w/Ranch Drsg.

Very Berry Juice (4 oz)

Variety Milk (8 oz)

Personal Pan Cheese

Very Berry Juice (4 oz)

Variety Milk (8 oz)

Pizza 🚀

Variety Milk (8 oz)

Chicken Sandwich Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Catsup

Boneless Chicken Wings (5 ea) 🦸 w/String Cheese Calif. Mixed Vegetables (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz)

Peanut Butter & Jelly Sandwich # w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz)

Tortilla Chips, Cheese & Salsa Apple Slices (1/2 c) Variety Milk (8 oz)

24

31

H

Monday

Tuesday

Wednesday

Thursday

Carrots (1/2 c) \* w/Ranch Drsg.

AUG 3

10

Corn Dog

Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

Boneless Chicken Wings (5 ea) 🦸 w/String Cheese Whole Kernel Com (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup

Egg & Cheese Sandwich 🖋 w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Hamburger # Fresh Orange \* (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

Friday

Personal Pan Pepperoni Pizza #

Carrots (1/2 c) \* w/Ranch Drsg. Very Berry Juice (4 oz) Variety Milk (8 oz)

Chicken Sandwich 8 Strawberry Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz) Catsup

12 Boneless Chicken Wings (5 ea) w/String Cheese Calif. Mixed Vegetables (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup

Peanut Butter & Jelly Sandwich w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz) Variety Milk (8 oz)

Tortilla Chips, Cheese & Salsa Apple Slices (1/2 c) Variety Milk (8 oz)

Personal Pan Cheese Pizza

Carrots (1/2 c) \* w/Ranch Drsg. Very Berry Juice (4 oz) Variety Milk (8 oz)

Corn Dog Strawberry Cup (1/2 c) Apple Juice (4 oz)

Variety Milk (8 oz)

Catsup & Mustard

Boneless Chicken 19 Wings (5 ea) 🦸 w/String Cheese Whole Kernel Corn (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup

Egg & Cheese Sandwich # w/String Cheese Peach Cup (1/2 c) Apple Juice (4 oz)

Variety Milk (8 oz)

Hamburger @ Fresh Orange ♣ (1/2 c) Very Berry Juice (4 oz) Variety Milk (8 oz) Catsup & Mustard

OFFERED DAILY

low fat milk, 8 oz. non fat chocolate milk, 8 oz

Menus are subject to change without notice. Meals are served from 11:30 a.m. to 12:30 p.m. Meal service locations can be found at www.lbschools.net/Departments/Nutrition\_Services/Summer\_programs.cfm

